

What is claimed is:

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1. A disposable waterproof sheath to cover an inner portion of a container in order to protect an appendage from microbial matter in the inner container, the sheath being a) deep enough so that the appendage can enter the container and b) conforms to the edge of the container so that the sheath adheres to the container edge or grips the container edge and prevents the appendage from contacting the inner portion of the container.
 2. The disposable, waterproof and sheath of claim 1, wherein the appendage is a portion of an arm, a hand, a finger, a portion of a leg, a foot, or a toe.
 3. A kit comprising the disposable waterproof sheath of claim 1 and scented herbs.
 4. A kit comprising the disposable waterproof sheath of claim 1 and bath salts.
 5. A kit comprising the disposable waterproof sheath of claim 1 and bath oils.
 6. The kit of claim 4, wherein the bath salts are Epson salts.